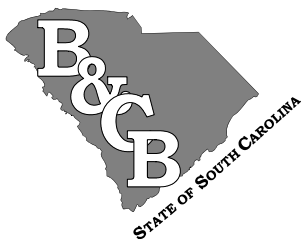


# HEALTH

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## Five Amazing Allergy Facts

1. Hay fever sufferers should wash their hair at night. They will remove any pollen and keep it from settling on pillows and beddings. Also they should avoid common irritants like tobacco smoke, automobile exhaust, hair spray and perfume.
2. The best time to take an antihistamine that helps block allergic reactions is before the symptoms surface. Antihistamines can cause sleepiness; so never take one anytime safety requires you to be alert. Ask your doctor about the newer types that cause less drowsiness.
3. Australian researchers found a simple solution if you're allergic to dust mites and suspect your area rugs make you sneeze and itch. Place the rug outdoors in direct sunlight for a few hours. Airing out rugs and other household items dries and heats them, which exterminate the mites.
4. Moving to another location is no guarantee of relief for allergy sufferers. It is a possibility that they will develop allergies to their new region's pollens and molds within a few years of moving. Most allergy provoking grasses are widespread throughout the world.
5. As many as 20 percent of Americans believe they have a food allergy but less than 1 percent really do. Most food allergies are actually signs of digestive problems, food poisoning or stress.



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